



National Nutrient Database for Standard Reference  
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Statistics Report 35175, Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Report Date: July 16, 2017 05:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	34.92	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	270	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	1131	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein <sup>1</sup>	g	62.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) <sup>1</sup>	g	2.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash <sup>1</sup>	g	2.78	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

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Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe <sup>1</sup>	mg	33.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg <sup>1</sup>	mg	62	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P <sup>1</sup>	mg	510	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K <sup>1</sup>	mg	960	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <sup>1</sup>	mg	130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn <sup>1</sup>	mg	5.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu <sup>1</sup>	mg	0.310	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Manganese, Mn <sup>1</sup>	mg	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, total	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, food	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total <sup>1</sup>	mg	103.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <sup>1</sup>	mg	26.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

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Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.601	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <sup>1</sup>	g	2.438	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <sup>1</sup>	g	2.367	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <sup>1</sup>	g	4.822	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Lysine <a href="#">1</a>	g	5.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">1</a>	g	1.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">1</a>	g	0.336	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <a href="#">1</a>	g	2.473	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">1</a>	g	1.625	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <a href="#">1</a>	g	2.438	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">1</a>	g	3.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine <a href="#">1</a>	g	2.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <a href="#">1</a>	g	3.568	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid <a href="#">1</a>	g	5.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Glutamic acid <sup>1</sup>	g	8.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <sup>1</sup>	g	3.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <sup>1</sup>	g	2.862	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <sup>1</sup>	g	2.261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD